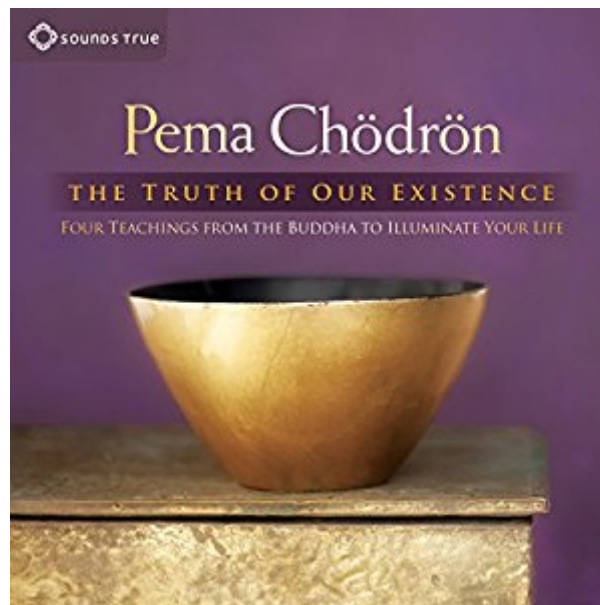




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# The Truth Of Our Existence: Four Teachings From The Buddha To Illuminate Your Life



## Synopsis

What would happen if we looked with fresh eyes at the struggles and "impossible situations" that we face every day - and found there four gifts that changed everything? For decades, Pema Chödrön has brought clarity and heart to the core teachings of the Buddha, helping to make them relevant and useful in our everyday lives. With *The Truth of Our Existence*, she immerses us in one of Buddhism's essential distillations of written wisdom known as The Four Marks of Existence. These marks that shape all of us, teaches Pema Chödrön, are like forgotten gifts waiting to be found. And while they may ring familiar to some, they hold vast layers of often unrealized understanding to both new and seasoned ears alike. In this four-session learning program, Pema Chödrön illuminates for us: The truth of impermanence and its power to give us strength and courage The truth of egolessness - how it connects us with others and transforms fear and anger into clarity of vision The truth about suffering, how we create it, and what to do when it seems unbearable The truth of peace - that liberation or nirvana is real How to use the wisdom of this profound sutra to touch the open and abundant expanse in which we truly dwell With *The Truth of Our Existence*, Pema Chödrön invites us to see that there is, in reality, "no score to settle", and that we can step out of confusion, frustration, and fear - and into the space of heartfelt awareness.

## Book Information

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## Customer Reviews

As a long-time follower of Pema Chodron, I continue to marvel at her ability to bring ancient,

esoteric Buddhist teachings into the here and now. Her gentle humor and clear expression helped me better understand the Marks of Existence that have puzzled Buddhist seekers through centuries. Carol Grever

Lessons to live an enlightened life by.

I love her. She has lived an ordinary social life before which makes her message reachable as well as profound.

Pema is magnificent. I always find her work encouraging and loving. She brings joy and peace to all who hear her sweet voice.

Love Pema. Have several of her cd's. This one was a little underwhelming though. I just didn't feel Pema was quite "into it" in this one, kind of going through the motions. I'll give it another listen in case my own mood at the time was a factor. Still, I feel she has much better options out there.

As always, Pema is a delight to listen to; this audio book is great! You will not be disappointed at all.

This is exactly what I was looking for. With a soothing voice and down-to-earth perspective, Pema illuminated the Four Marks of Existence in all\* parts of life. If you have never listened to Pema, this CD is the perfect opportunity to find serenity in confusion and frustration. (I need that right now!) I find it particularly calming during my daily commute! And when I'm home, I haveÂ Rengetsu: Life and Poetry of Lotus MoonÂ for more of Buddha's teachings.

I have been a fan of Pema Chodron's teachings for many years, and have watched her change. In the her recent books and CDs she is funnier and more self-disclosing. This makes the books and talks feel all the more real and easier to relate to. This CD in particular has all the elements I seek from Pema: depth, accessibility, worth, compassion, humor, and actual tools to use. I especially like it when she takes questions from the audience, as she does here.

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